

Robert Holden

Quotes

*Happiness, People, Real, Wisdom, Boost Self Esteem, World, Wise, Heart,
Thinking, Love Is, Healing, Attitude, Keys, Life, Joy, Jobs, Self, Important,
Inspirational, Doe*

Nothing real stands between you and your happiness, only illusion and confusion.

~Robert Holden

'One new perception, one fresh thought, one act of surrender, one change of heart, one leap of faith, can change your life forever.'

~Robert Holden

Love is the ultimate coach. Do what you love, let love guide you, and let love inspire you.

~Robert Holden

The final and only act of healing is to accept that there is nothing wrong with you.

~Robert Holden

No amount of self-improvement can make up for any lack of self-acceptance.

~Robert Holden

The real gift of gratitude is that the more grateful you are, the more present you become.

~Robert Holden

True forgiveness is a self-healing process which starts with you and gradually extends to everyone else.

~Robert Holden

Make a commitment to having fun. See your best friends and make time for your hobbies and passions.

~Robert Holden

Your relationship with yourself sets the tone for every other relationship you have.

~Robert Holden

Some people 'go' through life; and other people 'grow' through life.
Which one are you?

~Robert Holden

The key to happiness is not to make yourself into a different person; it is to let yourself be even more of who you really are.

~Robert Holden

Dedicate yourself to Love. Decide to let Love be your intention, your purpose, and your point. And then let Love inspire you, support you and guide you in every other dedication you make thereafter.

~Robert Holden

You may be cool under pressure and challenge, but can you be cool under success?

~Robert Holden

If you really want to be successful and you really want to be happy, don't have a job, have a purpose. ...When you've got a purpose, the whole world is your office.

~Robert Holden

People who follow their joy discover a depth of creativity and talent that inspires the world.

~Robert Holden

The world is only a mirror. You will only see in the world what you're prepared to see in yourself-nothing more and nothing less.

~Robert Holden

You can't hold on to a grievance and be happy. Time to make a choice!

~Robert Holden

Sometimes in order to be happy in the present moment you have to be willing to give up all hope for a better past.

~Robert Holden

You did not come here to be normal, you came here to be you.

~Robert Holden

Happiness does not have to be deserved, earned, worked for or paid for; it simply has to be accepted.

~Robert Holden

Your happiness is a gift because it literally brings out the best in you.

~Robert Holden

Happiness is present time, it has nothing to do with the future.

~Robert Holden

Your intention to love, no matter what, is the absolute key to happiness.

~Robert Holden

A true healer helps you to remember and reconnect consciously with your inner light.

~Robert Holden

Money is important but it is not everything... Think about everything you already have that money can't buy.

~Robert Holden

Today is just another normal day full of miracles, gifts, and opportunities.

~Robert Holden

Being our Self is the wisest philosophy, the bravest action, the kindest consideration and the greatest act of healing imaginable.

~Robert Holden

Unless you are happy with yourself, you will not be happy.

~Robert Holden

Happiness is attractive. Once you decide to be happy, you attract great things into your life.

~Robert Holden

Like a fragrance to a flower, true happiness is an expression of your unconditional self...the real you.

~Robert Holden

No matter how hard you try it is impossible to be grateful and depressed.

~Robert Holden

Your ego is an avid interpreter. It is so quick to interpret events as 'bad' or 'good,' 'wrong' or 'right.' It never fails to see 'the little picture.'

~Robert Holden

Committing to happiness increases your chances for success.

~Robert Holden

If you think something is missing in your life, it is probably YOU.

~Robert Holden

Happiness is not in things; happiness is in you.

~Robert Holden

Joy waits on welcome, not time.

~Robert Holden

You're so good at helping everybody else, I think you're in danger of leaving yourself out of your own life.

~Robert Holden

To have time for what is valuable, you have to stop giving time to what isn't.

~Robert Holden

Life is like art - it is all about interpretation.

~Robert Holden

Love is the real work of your life. It is your spiritual path. It is the key to your growth and evolution.

~Robert Holden

Making a wholehearted commitment to being happy is a powerful medicine.

~Robert Holden

Love thyself, so that you can love another. Love thyself so that you cannot project fear. Love thyself so as to let others love you. Love thyself so as to let people near.

~Robert Holden

NOW is the most abundant moment of your life.

~Robert Holden

When you're truly happy, you are being yourself.

~Robert Holden

Love does not come and go; we are the ones who come and go.

~Robert Holden

Happiness doesn't come and go, what comes and goes is your

attunement to happiness.

~Robert Holden

Whenever you heal any relationship, your whole life improves - and that counts for double with family.

~Robert Holden

When do you feel most authentic? Authenticity feels so natural, so why isn't it easy?

~Robert Holden

People will treat you the way YOU treat you.

~Robert Holden

The greatest influence you can have in any situation is to be the presence of love.

~Robert Holden

Stress is a message. It is a personal invitation to make a change for the better.

~Robert Holden

The difference between happiness is no-where and happiness is now-here has something to do with the event, and everything to do with how you see the event. Your perception is key.

~Robert Holden

Some people CHASE happiness. And some people CHOOSE happiness.

~Robert Holden

You are what you seek.

~Robert Holden

A job is a sacrifice. Following an interest - that's a contribution. And we're here on the planet, not to sacrifice ourselves, but to make a contribution.

~Robert Holden

First you believe, and then you see the Light. Next you go towards the Light. Soon you are IN the Light. Now you ARE the Light.

~Robert Holden

Happiness is your original nature, it is YOU, minus your neurosis

~Robert Holden

Happiness is free, there are no conditions.

~Robert Holden

The more you strive and search for happiness, the more you overlook the possibility that it is here already.

~Robert Holden

Keep a gratitude journal. Write down at least three things a day you are either thankful for, made you smile or genuinely inspired you.

~Robert Holden

Leadership is a dare - and the dare is, 'Are you willing to show up?'

~Robert Holden

Are the choices you are making going to really make you happy NOW or happy eventually?

~Robert Holden

Healing is to remind us we are not the experiences of the world.

~Robert Holden

Stop talking to people about what you will do; show them instead what

your are doing.

~Robert Holden

Laughter is the best way To make somebody's heart beat

~Robert Holden

Whoever said happiness needs a plan?

~Robert Holden

You are the key to happiness.

~Robert Holden

The most damaging erroneous belief about happiness is, of course, that happiness is somewhere else--that is, that it is not with you.

~Robert Holden

Happiness is all about milking the "sacred now".

~Robert Holden

You can make anything out of anything.

~Robert Holden

Writing is a spiritual path. It helps you listen to your heart, trust your inner guidance, and live your life full-out.

~Robert Holden

Happiness is a way of travelling and not a final destination.

~Robert Holden

Nothing in the world can make you happy; everything in the world can encourage you to be happy.

~Robert Holden

Your happiness is your gift to the world.

~Robert Holden

Laughter is a highly addictive positive contagion: if somebody starts, it's very difficult to stop.

~Robert Holden

My chief 'success philosophy' is, 'Give people every opportunity to say "Yes" to you'.

~Robert Holden

One of the big mistakes I think we make in relationships is that we don't give our best energy to the people that matter most.

~Robert Holden

At the heart of excessive individualism is a broken heart

~Robert Holden

Meaning is not found in things; meaning is what you make of things.

~Robert Holden

There is a prayer that lives in the center of your heart. If you pray it, it will change your life. How does it begin?

~Robert Holden

True forgiveness is a willingness to change your mind about your Self.

~Robert Holden

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